

The *New* Inside Track

FORT WAYNE



TRACK CLUB

September/October 2015

A publication of the Fort Wayne Track Club



HIGHLIGHTS:

- ***Updated Points Standings***
- ***Meeting summaries***
- ***High School Update***

UPCOMING RACES

VINEYARD 5K—10/3

RUN FOR RILEY 5K-10/11

REGULAR FEATURES

ON THE MARK—PAGE 7-8

MEETING MINUTES—PAGE 2

NEW AND NOTEWORTHY

COOK TODAY! - PAGE 3 - 4

RUN FOR RILEY—PAGE 9

FWTC Summary of September Meeting highlighting upcoming races and annual meeting notes

LIZ SCHLOSS
FWTC Secretary

Races/Events

Runners on Parade

947 total participants

Run for Riley

As of August online registration is open.

Fort 4 Fitness

The club will have a display table at the expo Friday September 25 from 12-8 p.m. Pace volunteers will also help work the booth

Mastodon Scholarship Run

The Fort Wayne Track Club will have a team for the run which takes place on October 4.

Marketing

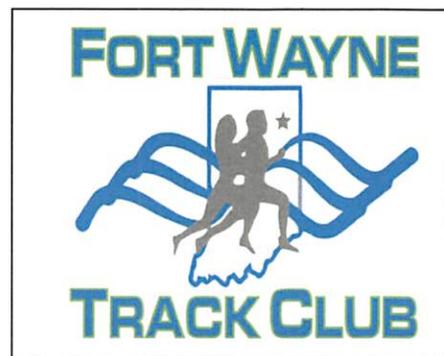
2016 Annual Banquet and Meeting

A motion was made and carried that student athletes from Allen and its contiguous counties, Steuben, and LaGrange County are eligible to be nominated for the male and female Chris Brown High School Runners of the Year.

A second motion was made and carried that student athletes can be considered for nominations if entered by their coaches.

Equipment

Two new timing clocks were purchased and the two clocks were repaired.



ANNUAL MAZOCK RUN

IT IS BACK!! Jerry Mazock's annual low-key Thanksgiving Day run. The fun starts at 8 a.m. on Nov. 26. Meet at Jerry's home at 2828 Emerald Drive, in southwest Allen County near the intersection of Scott and Covington roads.

It will be a nice relaxing run in the brisk morning air of autumn. The six-mile run is not a race, but you will be rewarded at the end with a sweet confection and warm coffee. Is there anything better than that?

Jerry, a longtime FWTC member, hosts this annual event as an alternative for those not interested in running an organized Thanksgiving morning race. Past Mazock runs have attracted close to 25 participants.

For more information, contact Jerry at jerryfoxdanadog@gmail.com or 260-432-4755.

Cook Today!

Thinking about what to make for a meal can be overwhelming. There is worry about all the ingredients, cooking utensils, the kitchen mess, food costs and time factor. Why bother? The truth is there are benefits. Having home cooked nutritious meals most days of the week is good for the budget and body. They bring family and friends together to promote stress care and healthy relationships. Instead of thinking of cooking as a chore think about the tasty health promotion possibilities.

This fall IPFW Peer Health Educators have shaped a new “Easy Eats Everyday” monthly cooking series to guide students and

others towards budget-conscious nutritious meals! Every 3rd Friday at 5 pm each month during the 2015-2016 school year at IPFW Student Housing Club House a practical recipe will be highlighted and cooking tips will be given.

Their six cooking essentials are: plan 3 to 5 dinner meals weekly, plan to cook and eat meals with family or friends at least 3 to 5 times a week, choose meal recipes with 10 ingredients or less, choose recipes with common ingredients you can buy at any local store, shop for “on sale” recipe ingredients and batch cook sometimes so there are leftovers for a meal the next day. As they say “life can be stressful but don’t let meals

stress you out. Easy, budget friendly energizing meals and snacks actually light’n up life!

Finding a helpful cookbook can make a difference. Some recommended recipe resources are:

www.sparkpeople.com

, Nancy Clark’s Sports Nutrition Guidebook, Lickety Split Meals by Zonya Foco, RD (www.zonya.com), Academy of Nutrition and Dietetics’s Easy Gluten Free Nutrition (www.eatright.org) and The Everyday DASH Diet Cookbook by Marla Heller, RD, MS.

Here a couple recipes to try from the IPFW College Cooking 101 book . Enjoy!

Best,

Judy Tillapaugh, RD, ACSM
HFS

Cook Today!

Turkey Chili

Ingredients:

- 1 1/2 lbs. turkey meat, cut into bite-sized pieces
- 1 clove, minced
- 1 medium onion, chopped
- 1 green pepper, chopped
- 1 7-ounce can red kidney beans
- 6 ounce can tomato paste, unsalted
- 1 8-ounce cans tomatoes, unsalted
- 1 bay leaf
- 1-2 tablespoons chili powder
- 1/2 tsp. cumin

Method:

1. Combine turkey, garlic, onion and green pepper in a sauce pan.
2. Sauté until vegetables are soft.
3. Add remaining ingredients and cover.
4. Simmer over low heat 30-60 minutes, or until flavors are blended. May also be heated in a slow cooker on low for several hours.

Source: Diabetes In the News

Tomato Quiche

Ingredients:

- 1 cup chopped onions
- 2 Tbsp. oil
- 4 large tomatoes (peeled, seeded, chopped, drained)
- 1/4 tsp. dried thyme
- 2 cups Monterey Jack cheese
- 1 unbaked pie shell
- 4 eggs
- 1 cup milk
- Salt (optional) and pepper

Method:

1. Saute onions in oil until tender. Add tomatoes, salt, pepper and thyme. Cook over medium heat for 15 minutes. Remove from heat.
2. Sprinkle cheese into bottom of pie shell. Cover with tomato mixture; sprinkle remaining cheese.
3. Beat eggs and milk in a small bowl and pour into pie shell.
4. Bake at 425°F for 10 minutes. Reduce heat to 325°F, bake 40 minutes longer or until top begins to brown and the center comes out clean. Let stand for 10 minutes before cutting.

Submitted by: Grayson Ostermeyer, IPFW Peer Health Educator and Student,
www.tasteofhome.com

Chicken Taco Bowl

Ingredients:

- 4 (10-inch) tortillas, any flavor, corn or wheat
- 1 tablespoon olive oil
- 4 cups shredded lettuce
- 3 cups shredded or cubed cooked chicken (such as rotisserie chicken or leftovers)
- 1 cup salsa (you can also add some ranch dressing to salsa if you like)

Cut up veggies of your choice—peppers, jalapenos, olives, etc.

Method:

1. Preheat oven to 400°F.
2. Take 4 pieces of aluminum foil, each about 20 inches long. Roll pieces from long side, and then twist ends together to make 4 circles.
3. Put circles on a baking sheet and press tortillas into them, allowing tortillas to hang over the edges.
4. Brush tortillas with oil. Bake for 8-10 minutes until tortillas are crisp.
5. Top tortilla bowls with lettuce, chicken, salsa, veggies and cheese if you like.

Submitted by Carly Thompson, IPFW Peer Health Educator and Student

FORT WAYNE TRACK CLUB

Mission statement: To organize and promote running, walking and all aspects thereof, and to educate the public to their benefits in improving and maintaining good health and for all other purposes as set forth in the articles of incorporation, as amended from time to time.

OFFICERS, COORDINATORS AND BOARD MEMBERS

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Contact the Fort Wayne Track Club at: P.O. Box 11703; Fort Wayne, IN 46808-1703 Website: www.fwtc.org

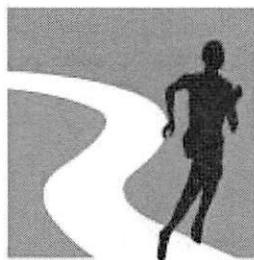
The Fort Wayne Track Club is a member of the Road Runners Clubs of America (RRCA), Club #23.

All members are encouraged to attend monthly board meetings, held at Three Rivers Running Company, 4039 North Clinton Street, Fort Wayne, at 7 p.m. on the second Wednesday of each month.

Please notify the Fort Wayne Track Club when you change your address. The post office will not forward *The Inside Track* even if you have notified the post office of your change of address. It costs the FWTC additional postage costs when newsletters have to be mailed again.

ADVERTISING IN THE INSIDE TRACK

	Single Issue	Three Issues	Six Issues (full year)
Full page	\$75	\$200	\$325



THREE RIVERS RUNNING COMPANY

Since 2004, Three Rivers Running Company has taken pride in serving as the Northeast Indiana’s premier running and triathlon specialty retailer. We are staffed by experienced and knowledgeable runners and triathletes who are committed to helping you select the best product based on your history, needs, and goals. We stock the industry’s leading shoes, apparel, and accessories. Our shoe fitting process includes gait analysis and is focused on finding the right product for your mechanics during activity. Thank you to the Fort Wayne Track Club for your continued support.

FWTC members can bring their membership card for discounts on their purchases.

Three Rivers Running Company
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 260-496-8000

**COME SEE OUR
NEW LOCATION!**

2015 Points Series Races

Fanny Freezer 5k	Feb. 7	WOOF Trail Run	Nov. 7
Nutri-Run 20k	March 28	Turkey Trot 5k trail	Nov.22
Mastodon Stomp 5k	April 19		
Pink Ribbon Run 4 Miler	May 9		
Frontier Run 'N' Fun 10k	May 16		
Runners on Parade 5k	July 12		
New Haven 10k	Aug. 2		
Anthony Wayne Rotary 5k	Aug. 15		
Just Plain JP Jones 10k	Sept. 13		
Fort Wayne Urban League 5k	Sept. 19		
Vineyard 5k	Oct. 3		
Run for Riley (5 miles)	Oct. 11		
River City Rat Race 10k	Oct. 25		



On the Mark

Too Hot to Trot Part Duex

If you remember back to the last article we began to explore the wondrous world of thermoregulation. As you may recall, I painfully reviewed my “death march” thru the Carmel Marathon this last spring with the primary reason for crash and burn being the ambient temperature. After training most of the winter in cool or cold weather, we had an uncharacteristically warm day for this fateful event and the end result was my untimely demise at around 10 miles. In this edition of this column we will begin to explore the amazing systems that regulate our body temperatures around the narrow range of 98.6 degrees where most of our body systems work best.

The major organ responsible for our body’s ability to regulate our temperature is the skin; yes our skin is an organ system (actually the largest organ system in our amazing body). Just beneath our skin lies all of our muscles, nerves and blood vessels (which are segregated into arteries and veins). If you recall way back to the beginning of these articles, go ahead pull them out of the archive I know you guys cherish these missives, you will remember that arteries carry blood away from the heart and veins carry blood back to the heart after all of the oxygen, our main nutrient, is extracted in the tissues. Our arteries and veins are the highways that carry our blood throughout the body and they make traffic patterns in major cities like Los Angeles, Chicago or New York appear simply Rural. The complexity of our circulatory system is amazing and the elegance of control that this system exerts over the flow of blood around our bodies is truly awe-inspiring.

Just beneath our skin is an incredibly complex network of blood vessels (arteries and veins that are connected via capillaries) and our body has the wisdom to know how and when to shunt blood from certain less important tissues to skin which, of course, is close to the surface to cool the blood in the summer and shunt the blood deeper to warm the blood in the winter. This amazing mechanism is called the “counter-current mechanism” and it allows us to remain cool on a hot summer day and warm on the frigid winter days. If one looks at the percent of cardiac output (remember this is the amount of blood moved by the heart per minute expressed in liters/minute) during rest and with heavy exertion one can appreciate just how elegant this system truly is.

	REST	EXERTION
BRAIN	14%	4%
KIDNEY	22%	3%
LIVER	27%	5%
SKIN	6%	15%
MUSCLE	15%	66%

Note from the above chart that most tissues or organs dramatically decrease the amount of blood flow during heavy exercise (I will point out that there is an over 3 fold decrease in brain blood flow during heavy exertion, no wonder people think we are crazy when we run) but the skin and muscles dramatically increase the percent of blood that is delivered to them. The reason for the increased flow to the muscles is obvious and we have discussed this process in past articles. The rationale for the increased blood flow to the skin is to move the blood closer to the surface to dissipate the heat generated by exercise. Remember, the calorie is the basic unit of thermogenesis or the process of creating heat by the energy requiring mechanisms, of our bodies (metabolism). When we talk about "burning calories" we literally mean we are generating heat when our internal furnaces humming to create the energy needed for tasks. We need to be able to dissipate this heat or we would all spontaneously combust (not a pretty sight) and the way we get rid of the excess heat is to transfer it to our skin (body surface) where we can release it into the surrounding environment.

The amount of heat released into the environment is directly related to the ambient temperature and conditions of our environment. Of course on high heat and humidity days like I had this past spring in Indianapolis we are not able to release anywhere near the amount of heat we can release on a crisp cool fall or winter day. When we are unable to release this heat and our furnaces remained stoked by continued exertion our body temperatures increase and the metabolic machinery that depends on the fairly narrow window of temperature to work optimally begins to sputter and our performance declines ultimately resulting in my death march to the finish.

Next time we will discuss Sweating and the role this plays in our thermoregulatory system and perhaps our inability to attract the opposite sex.

Keep running!

By DR. MARK O'SHAUGHNESSY

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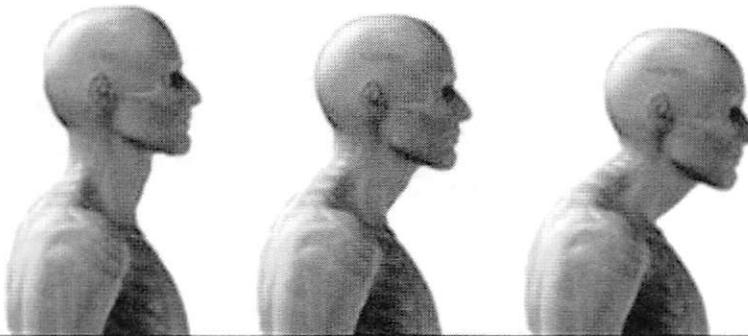
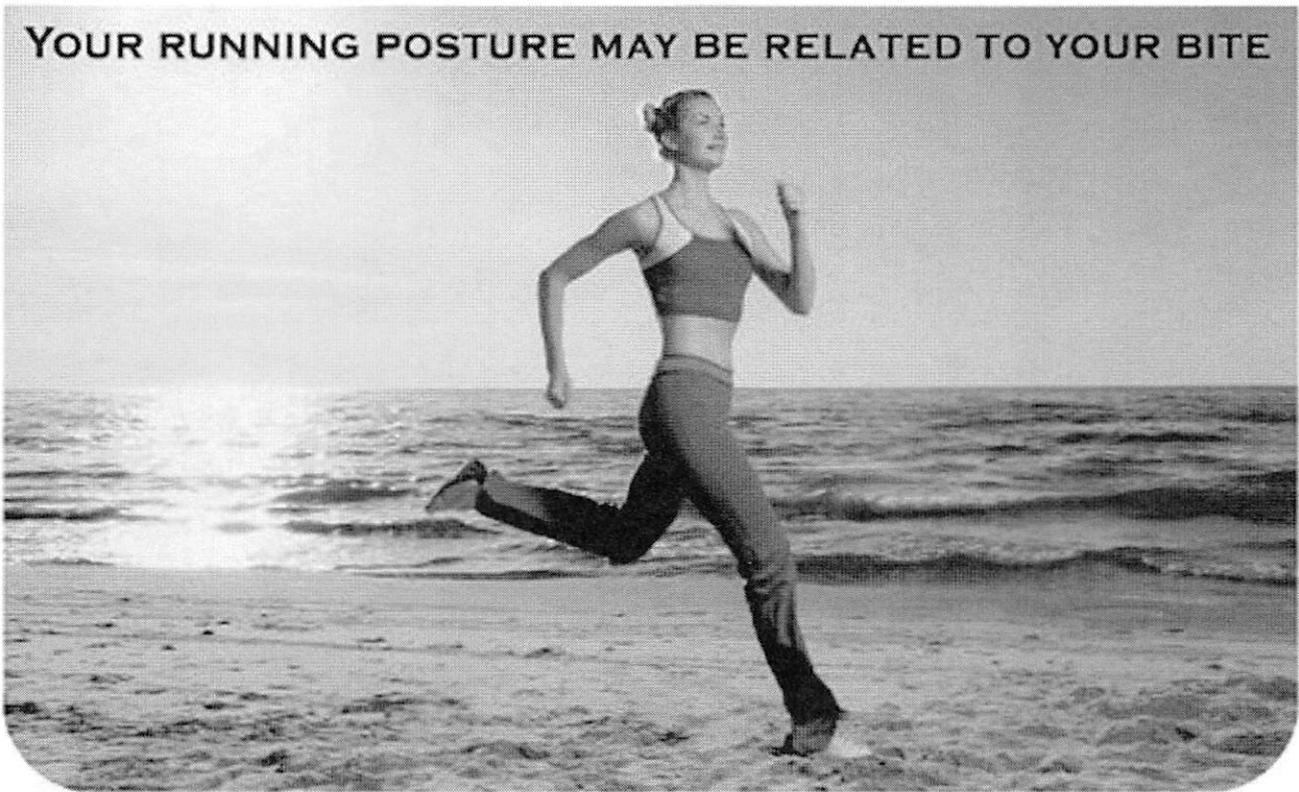


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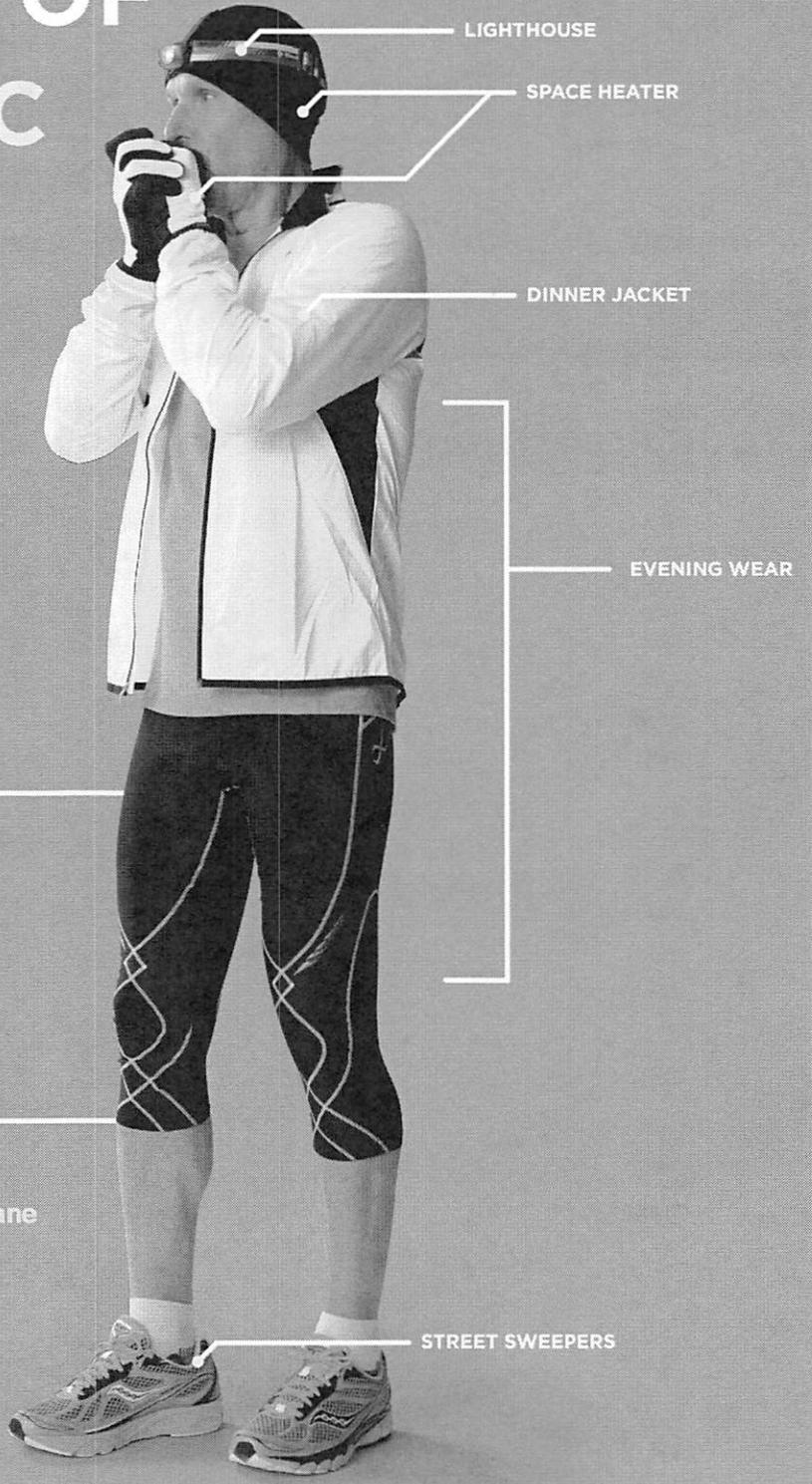
YOUR RUNNING POSTURE MAY BE RELATED TO YOUR BITE



Just as our form and posture affects our performance and efficiency in running, our bite and how teeth fit together affects our posture and how we hold our head. Headaches, neck pain, back pain are often the result of a bad bite. To see what a bad bite is doing to you, go to YouTube to watch a video: "TMD explained by Dr. Curtis Westersund"

ANATOMY OF A FITNATIC

THE NIGHT OWL



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TRACK CLUB

ANNUAL BANQUET

SUNDAY

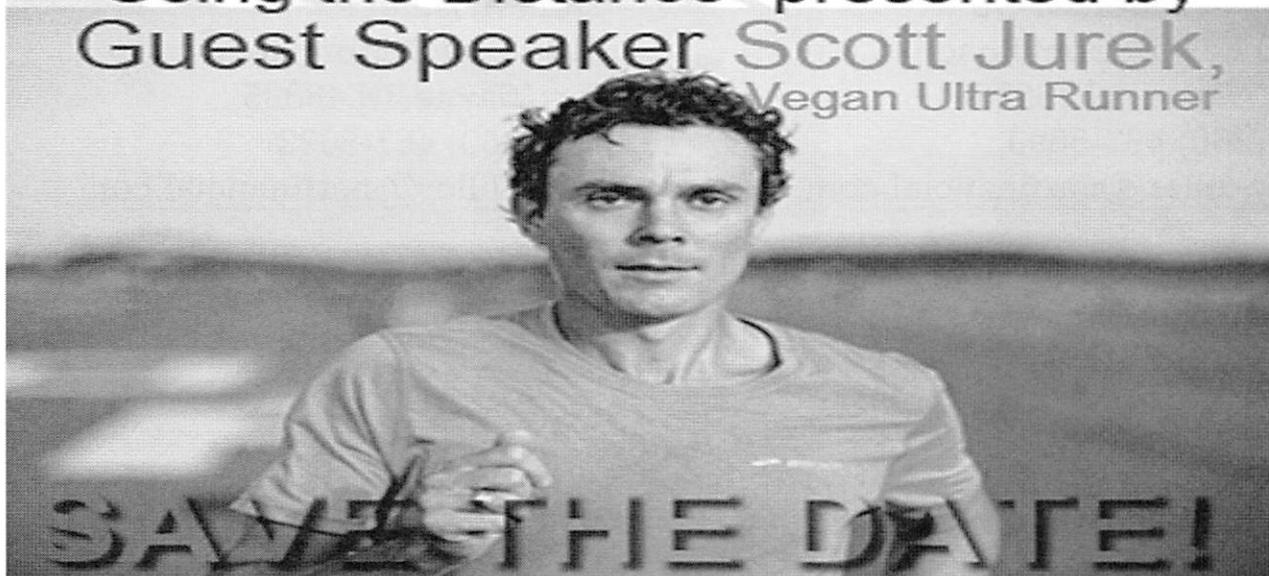
JANUARY 31, 2016

• 3:30pm Clinic • 5:30pm Banquet Program

PARKVIEW MIRRO CENTER

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“Going the Distance” presented by
Guest Speaker **Scott Jurek**,
Vegan Ultra Runner



Scott Jurek, Vegan Ultra Runner, is a world renown ultra marathon champion and New York Times Best selling author of “Eat and Run” whose accomplishments include:

- 7 time consecutive winner of the Western States 100-Mile Endurance Run
- 2-time champion of the Badwater 135 mile ultra
- Won the Spartathlon 153 Mile Ultra Event in Greece for 3 consecutive years

For information visit www.fwtc.org

Registration Deadline: January 25, 2016

Invite your friends! The public is welcome!

Questions email tillapau@ipfw.edu



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Run for Riley Set For Oct. 11

This year the Run for Riley presents the "\$25K for \$25K Challenge," an opportunity to raise \$50,000 for the kids at Riley Hospital for Children.

"If we raise \$25,000 from race participants we will receive another \$25,000 from several anonymous donors," explained race director Jim Berry. "Last year we raised \$45,000 with a \$12,000 match and 1,200 participants so we are excited to know that we have a great opportunity to have a record-breaking year. But we need the people to sign up!"

The 9th annual Run for Riley, sponsored by Aboite Podiatry, is Oct. 11 at 2 p.m. and begins and ends at Maplecreek Middle School. You can sign up at runfor-riley.org or through runrace.net. The run, part of the Fort Wayne Track Club point series, is a 5 mile course. There is also a 5k walk. All participants get a free spaghetti dinner from any Casa Restaurants. Packet pick-up and final registration will be at Three Rivers Running Company on Oct. 10 from 10 a.m. to 4 p.m.

"The Run for Riley has always been very unique in that 100% of race registration is donated to Riley Hospital for Children," said Barb Richards race co-director

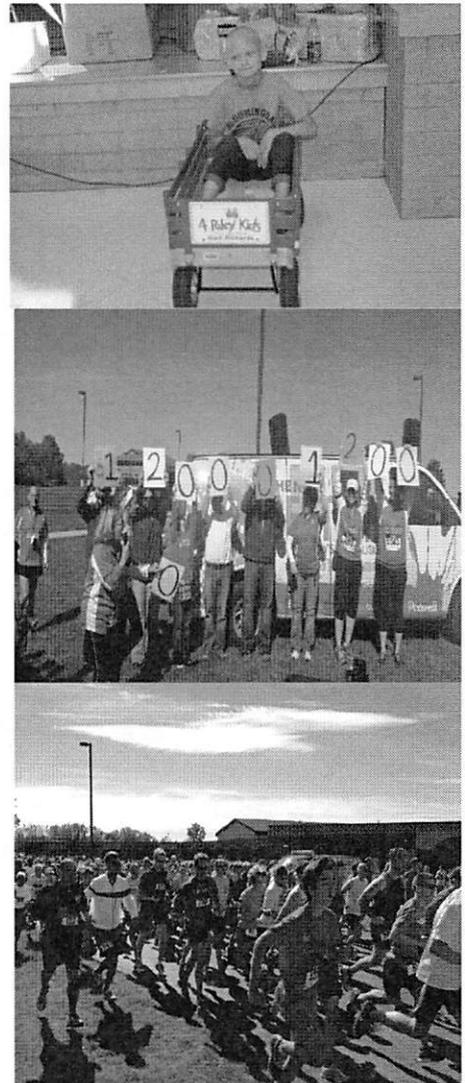
and Northeast Riley Leadership board member. "Generous sponsors like Aboite Podiatry, New Haven Pet Hospital, Stifel Financial and others underwrite all the costs of the run. We are grateful for their support every year."

One other unique element of the Run for Riley is a dessert buffet. After the race participants get treated to a wide array of donated cookies, cupcakes, donuts. The desserts started at the first Run for Riley in 2006 with help from some local Girl Scout troops and it became a tradition.

In case you were wondering, there is no Colts game this year during the run. "There was only one year we had a conflict with a Colts game and it was the year Manning was injured so we've been lucky," Berry said.

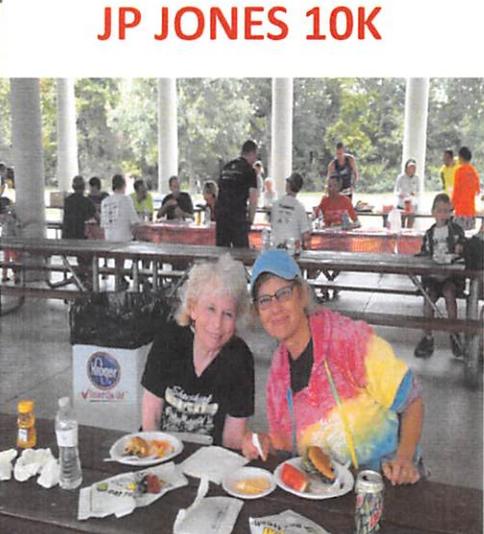
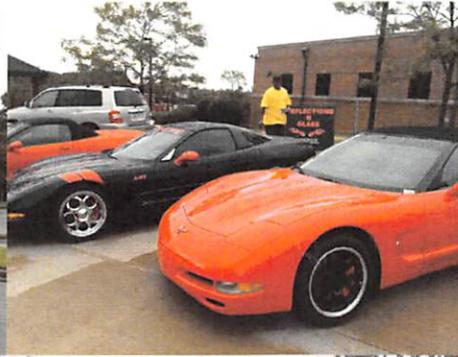
The Run for Riley "\$25K for \$25K Challenge" is an aggressive goal and in order to achieve it Berry and Richards figure they need at least 800 registered participants with the hope that several will solicit additional donations to help reach the \$25,000 needed for the match. "We feel this goal is very doable and will be working hard over the next few weeks to assure we will get the match," Richards said.

All money raised from the race benefits Riley Hospital for Children, Indiana's only comprehensive children's hospital that serves more than 6,000 children from Northeast Indiana each year.





URBAN LEAGUE 5K



JP JONES 10K





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